

# Information about advice and support available following the attack on Manchester Arena over the Half Term Holiday

For Parents and Carers:

Two Drop in's will be held on Wednesday 31<sup>st</sup> of May, these drop ins are for parents and carers who are worried or concerned about their children and young people. That may need some advice on as how to talk to a child or young person about the attack on Monday, how you can support them through this difficult time, what support is there for you and what other services are available.

The drop in's will be:

**Wednesday 31<sup>st</sup> of May**

**09:30 till 12:30 at Central Park , Montrose Avenue, Wigan, WN5 9XL**

And

**14:00 till 17:00 at Leigh Sport Village, Sale Way, Leigh, WN7 4JY**

Staff will be on hand from social, education and health services to offer advice and information.

Over the half term holiday Wigan will be offering drop in's for young people, parents and carers, to access advice, information and support.

**Wigan:**

The Venue, Wigan Youth Zone, Parsons Walk, Wigan, WN1 1RU

Tuesday 30<sup>th</sup> May 10:00am - 2:30pm

Wednesday 31<sup>st</sup> May 10:00am - 2:30pm

Thursday 1<sup>st</sup> June 10:00am - 2:30pm

Friday 2<sup>nd</sup> June 10:00am - 2:30pm

## **Platt Bridge:**

Platt Bridge Community Primary School and Start Well Centre, Rivington Avenue, Platt Bridge, WN2 5NG

Tuesday 30<sup>th</sup> May 10:00am - 2:30pm

Wednesday 31<sup>st</sup> May 10:00am 2:30pm

Thursday 1<sup>st</sup> June 10:00am - 2:30pm

## **Leigh:**

Trust in Leigh, 18, Market Street, Leigh, WN7 1DS

Wednesday 31<sup>st</sup> May 1.00 – 2.30 pm

Thursday 1<sup>st</sup> June 10.00 am – 2.30 pm

Friday 2<sup>nd</sup> June 12.30 – 2.30 pm

## Activities For Young People:

The following are a list of groups operating next week which young people might wish to get involved in ( these are activity groups not drop in sessions )

### ***Wednesday 31<sup>st</sup> May:***

X – Zones, St. Barnabus Church, Marsh Green Road, Marsh Green , WN5 0QR. 5.30 – 7.00 pm ( 8 – 11 year olds )

Wigan Youth Voice, The Lodge, Mesnes Park, Mesnes Park Terrace, Wigan WN1 1TU.  
6.00 – 8.00 pm

Leigh Youth Voice, Tesco Community Room, Leigh. 4.00 – 6.00 pm

### ***Thursday 1<sup>st</sup> June:***

X – Zones Hindley Fire Station, Borsdane Avenue, Wigan WN2 3QB. 7.00 – 9.00 pm (10 – 18 years)

### ***Friday 2<sup>nd</sup> June:***

X – Zones The Meadows ,Ridyard Street, Worsley Hall. 4.00 – 6.00 pm (8 – 13 years)

X – Zones Westleigh Junior, Life House 1-3 Westwell Street, Westleigh, Leigh, WN7 5ND. 4.30 – 6.15 pm (8-13 years)

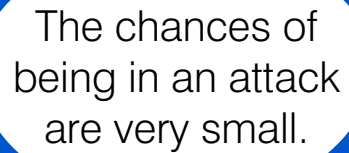
X – Zones Salvation Army Building, 6 – 8 George Street, Atherton M46 0EL. 7.30 – 9.00 pm (13 - 18 years)

X – Zones Leigh Town Centre Side of Leigh Town Hall. Market Street, Leigh WN7 1DS 7.30 – 9.30 pm (14-18 years)


### ***Saturday 3<sup>rd</sup> June:***

X – Zones, Leigh Town Centre, Side of Leigh Town Hall. Market Street, Leigh WN7 1DS – 11.15 -2 pm (8-13 years)


X – Zones, Westleigh Club, Life House, 1-3 Westwell Street, Westleigh, Leigh, WN7 5ND – 11.15 -2 pm (8-13 years)



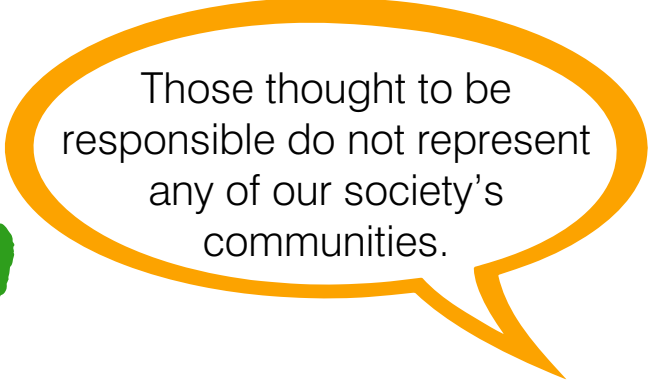
The chances of being in an attack are very small.



There are lots of professionals like the Police doing all that they can to keep the community safe.



It is important to try to sleep and eat and keep up with your daily activities.



Those thought to be responsible do not represent any of our society's communities.



You can access further help by contacting the following organisations:

**Samaritans** (116 123) operates a 24-hour service available every day of the year.

**Childline** (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

**PAPYRUS** (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

**The Sanctuary** (0300 003 7029) operates a 24-hour service available every day of the year, for people who are struggling to cope - experiencing depression, anxiety, panic attacks or in crisis.

**Victim Support** (0808 168 9111) a national charity providing immediate emotional and practical local support to victims and witnesses of the Manchester incident.

Alternatively you might want to speak to your local **GP**.

Supporting your child's wellbeing following the Manchester Arena incident.

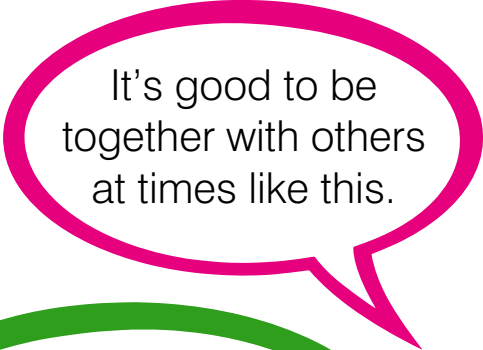



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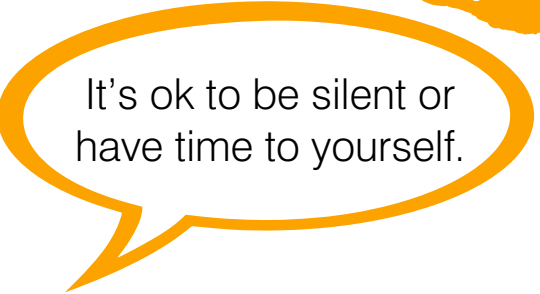

We would like to acknowledge the impact of the event of May 22nd 2017 on the community. Our thoughts and condolences are with all those affected.

Talking to children and young people about such incidents can be challenging however by creating an open environment where children feel free to ask questions, parents and carers can help them to cope. Try to answer questions factually and don't be afraid to say that you don't have all the answers.

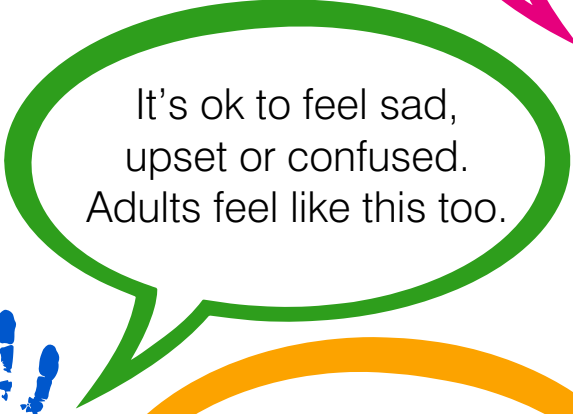

Children and young people are best supported by those that they know and trust. We have chosen some key phrases to help you with these difficult conversations.



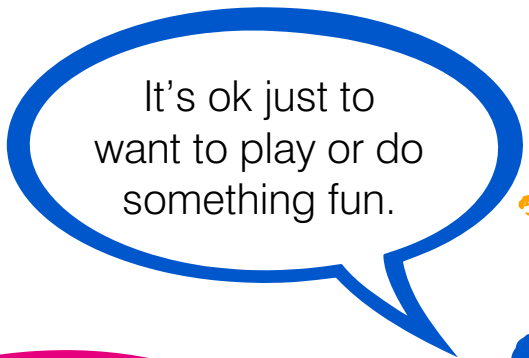

It's good to be together with others at times like this.



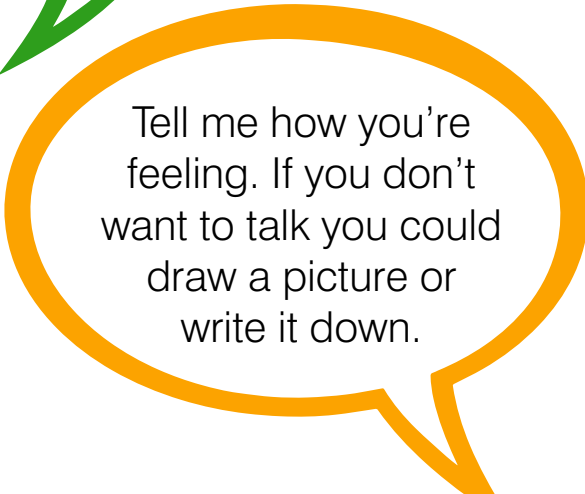

It's ok to be silent or have time to yourself.



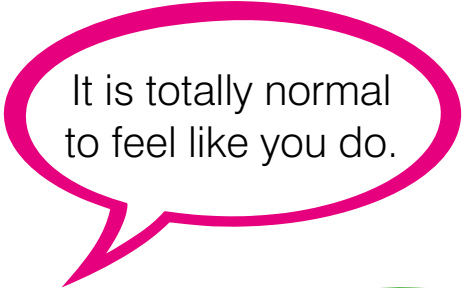

It's ok to feel sad, upset or confused. Adults feel like this too.





It's ok just to want to play or do something fun.



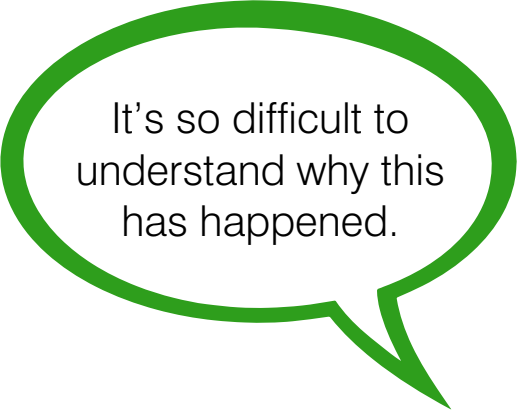

Tell me how you're feeling. If you don't want to talk you could draw a picture or write it down.



It is totally normal to feel like you do.



It's ok to ask questions and talk.



It's so difficult to understand why this has happened.

